Conditioning & Fitness Concepts VI - PE213

Section: PE213 004251S Main Campus

Section Type: Lecture **Credit Hours:** 1.00

Course Description: Continuation of PE212. Advanced instruction and practice in physical fitness, body

mechanics, weight training and lifetime wellness. **Section Notes:** For women's soccer team only.

WHEN Start Date: 08/21/2025 End Date: 12/11/2025

Days: TR

2:30 PM - 3:30 PM Campus: Main Campus Building: Sports Arena

Room: SA118

INSTRUCTOR SAMMY LANE BOOKS

No textbooks for this course.